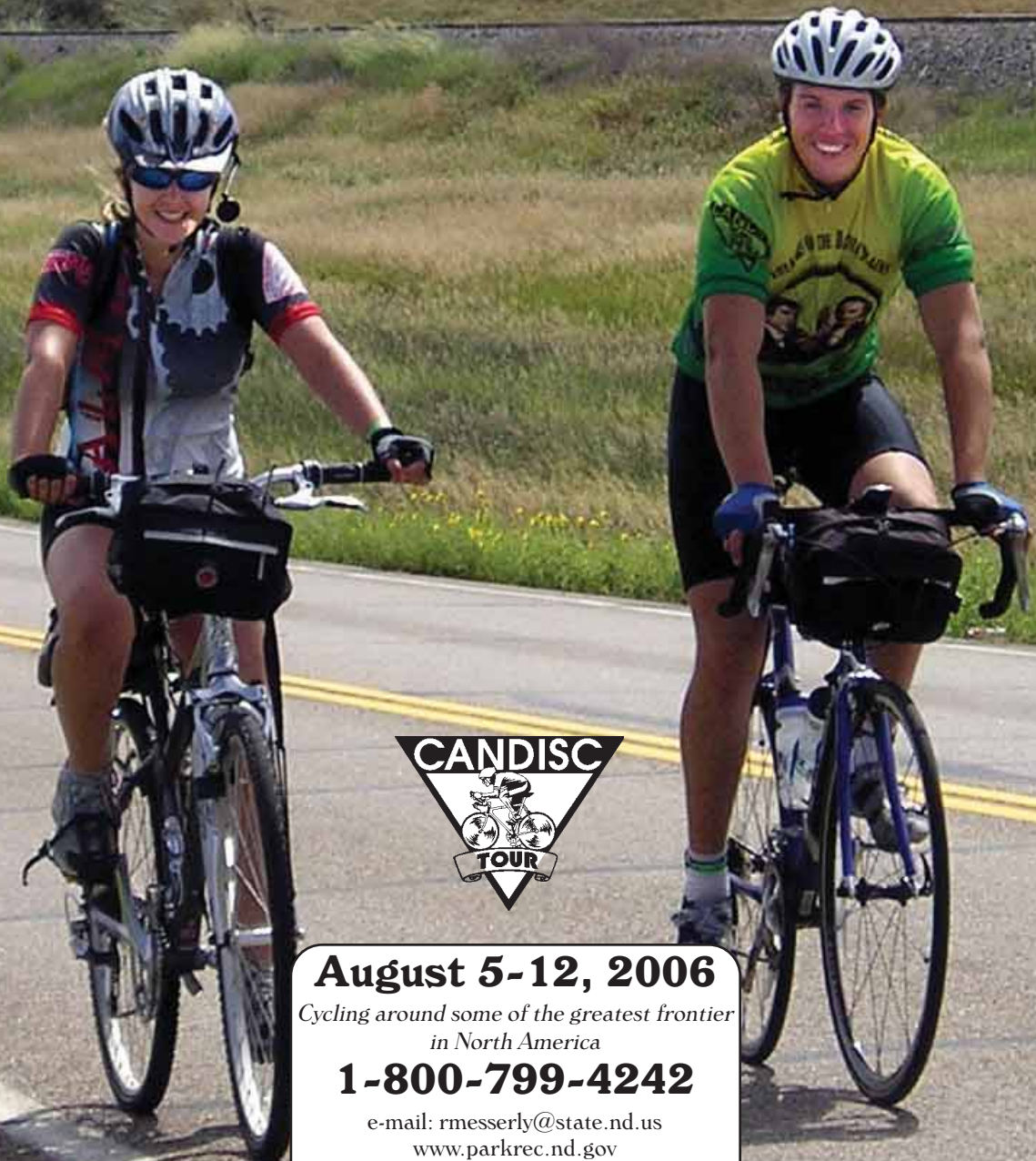


CANDISC

"Missouri River Ride" 2006



August 5-12, 2006

*Cycling around some of the greatest frontier
in North America*

1-800-799-4242

e-mail: rmesserly@state.nd.us
www.parkrec.nd.gov
"Missouri River Ride"



Before the ride...

This brochure contains a CANDISC application form. To ensure your place in the ride make sure you give complete information. Note that the application form also includes a waiver that must be signed. Be sure a signed waiver is submitted for each person wanting to participate in CANDISC.

Application is limited to 500 riders so participation is on a first-come, first-serve basis. Cut off date is July 15, 2006. We know more will want to participate, so get your application in early.

Fees will be returned to those who apply after the 500 limit has been met.

Application fee is \$125 per person or \$285 for a family (husband, wife, children 18 & under) and should be paid by check or online by credit card.

Your application fee includes overnight camping in 7 communities, showers, sag service, official CANDISC ID bands, CANDISC shirt, travel information on North Dakota, emergency medical support, route maps, baggage tags or vehicle pass, week long parking, marked route, mechanic support, baggage transfer, portapotty support, accident insurance, designated rest stops with water every 10 to 20 miles, patrolled route, bike plate and free meal at the end of the tour.

Each rider under age 18 must have a signed medical release in his or her possession at all times. It's important to have the release at all times to prevent delays of medical treatment. Minors must be accompanied by responsible adults, preferably parents. Unaccompanied minors will be sent home. Any minor consuming alcoholic beverages may be charged according to the law and sent home.

Welcome to CANDISC, Cycling Around North Dakota in Sakakawea Country, a bicycle ride around some of the greatest frontier of North America. **CANDISC will cover 410 miles of hills, dales, highways and scenic roads in North Dakota. You'll taste North Dakota hospitality first hand as communities open their towns to you.**

In its 14th year, CANDISC is a bicycle tour not a race. The "Missouri River Ride" will cycle the unspoiled Missouri River celebrating the grand finale of the Lewis and Clark Bicentennial. Plan to explore legendary Fort Mandan; Lewis and Clark slept here 146 times. Take time in Washburn for the world class North Dakota Lewis and Clark Interpretive Center. Cycle Highway 1804 with breathtaking vistas of the renowned Missouri River, just as Lewis and Clark and Sakakawea viewed them 200 years ago. In Bismarck tour the fascinating North Dakota Heritage Center and the state capital, known as the "prairie skyscraper." In Strasburg visit the wonderful birthplace of world famous band leader and musician Lawrence Welk. You will experience North Dakota's unique German-Russian Heritage including the nationally historic Gothic-style St. Mary's Church and iron cross cemetery at Hague and early 1900s Church of Sts. Peter and Paul in Strasburg with its majestic 85 feet high bell tower.

The ride will begin at Fort Stevenson State Park at Garrison, ND, 1,500 population town on beautiful Lake Sakakawea, largest Army Corps reservoir in the USA. Riders will travel southeast and back to the Park to end the seven day tour.

*Come join us...
for the ride of your life.*



Planning for the ride...

CANDISC is a ride not a race. But you will get the most out of it if you are in good shape. The route is 410 miles with daily mileage ranging from 43 to 75 with a century option available. Terrain in North Dakota can vary from flat wheat fields to steep hills. **If you are unable to complete the ride, you are responsible for your own transportation back to Fort Stevenson State Park near Garrison.**

You may begin riding each morning at sunrise, officially 6 a.m. Riding in the dark is foolish as North Dakota enjoys 16 hours of daylight during the summer. Please plan to ride at a speed that will enable you to finish each day before sundown.

Sag wagons will bring up the rear to pick up those riders who break down physically or mechanically. You can use the "thumbs down" signal to let the drivers know you need help. **If riders are veering off the established route they must let a CANDISC official know their intentions. We are concerned about your whereabouts and wellbeing.**

Once your application is accepted, you will receive a confirmation letter. At the park on Aug. 5th you will receive a packet containing:

Rider's tags: You will receive a rider's band that must be worn during the ride. It cannot be removed without cutting or destroying the clasp. It gives you access to emergency medical services, shuttle buses, sag wagons, campground facilities, showers, mechanical repairs, etc.

Baggage tags: A baggage tag permits you to put your gear on the CANDISC baggage trucks. By accepting baggage tags, you agree to leave your vehicle at Fort Stevenson State Park or at home.

For security reasons, baggage must be clearly marked and can be claimed from our trucks only by showing proper identification. **Each rider is allowed two bags (weighing not more than 30 lbs. each) no external strapping to the bags. This will ease your luggage loading.**

Be sure to have your baggage at the baggage trucks by 8 a.m. The trucks load where they unloaded the day before in the campgrounds. You will be responsible for transporting your luggage to and from the luggage truck.

Those not staying in the CANDISC campground must make arrangements with their motel to have their gear shuttled from the luggage truck in the afternoon and back to the luggage truck by 8:00 o'clock the next morning.

Vehicle Pass: A vehicle pass is required for any vehicle accompanying CANDISC. All vehicles must have designated stops and not follow the cyclists which can cause a hazardous situation. The vehicle pass will include route mapping, staying in designated CANDISC campgrounds and use of campground facilities, vehicle ID and state map.

Daily route maps/markings: Daily route maps will be provided to riders. The exact route will also be clearly marked on the right side of the road.

Bicycle receiving and shipping is available. Shuttle service from **Bismarck and Minot airports** is available. Finalize your arrangements with CANDISC by July 15 if you need these services.



Your Accommodations...

Camping areas will be set aside by each community on school grounds or city or State Parks. The night before CANDISC begins you will camp at Fort Stevenson State Park in designated areas. A hotel/motel list is available by calling the 800 number or email listed in this brochure.

Showers will be available at schools, swimming pools and parks. Shuttle service is usually available from the campgrounds to the showers, downtown area and eating places.

Please respect facilities. Do not trespass on private property.

Food is not included in the price of the tour. However, CANDISC has made arrangements with local groups (churches, service and civic clubs etc.) to have breakfast and dinner available. Also rest stops along the route each day will have food and drink available. Be sure to bring along enough money to cover your meals and rest stops, bicycle repairs and incidentals such as souvenirs.



CANDISC will continue on schedule despite poor weather conditions. Weather and temperature can greatly vary this time of year so be prepared. You should pack accordingly. Here's some ideas on what to bring:

Bicycle equipment: Consider bringing a small bicycle repair kit. Bring a lock and cable for your bicycle and USE IT. Helmets will be required so bring a HELMET and WEAR IT. In addition, rear view mirror, water bottles, pump, bike gloves, bike rack, bike bag, plastic seat cover and other necessary equipment.

Camping: Duffel bags, sleeping bag, pillow, pad, tent, ground cloth, rope, stakes, flashlight.

Toiletries: Towel, washcloth, toothbrush, toothpaste, skin lotion, shampoo, soap, razor, nail clippers, brush/comb, hair ties, barrettes, deodorant, mirror, toilet paper, hand sanitizer.

Clothes: T-shirts, shorts, jacket, pants, warmup suits, underwear, socks, shoes, shower shoes, pajamas, swimsuit, sweatbands and bandannas. We suggest packing your clothing and bedding in waterproof bags.

First Aid: Aspirin, vitamins, band aids, gauze, tape, first aid cream, lip balm, sunblock, insect repellent, safety pins, special medicines, sanitary protection, ace wrap and disposable bags.

Miscellaneous: Journal, pens, spare glasses, pencils, scouting knife, camera, film, sunglasses, watch, ear plugs, ID, money, traveler's checks, credit cards, stamps, address book, rain protection, and ziplock bags.

Put your name and address on everything you bring.

PETS:

WE REQUEST PETS NOT BE BROUGHT ON THE TOUR, DUE TO AN INCIDENT ON A PREVIOUS RIDE WHEN A DOG BIT A YOUNG RIDER.

Application Process....

Refunds: Must be requested in writing, postmarked by July 15, 2006 with a \$15.00 fee being withheld. After that date refunds will be handled on a case-by-case basis up to ride time.

OPTIONAL Credit Card & Online Registration:

If you choose to register online with a credit card, a form is available at www.active.com Please be aware that active.com will charge you a nominal fee for registering on-line.

Must send form...

Mail the completed form, check or money order, signed waivers, along with a **self-addressed, business sized, stamped envelope** to:

CANDISC
P.O. BOX 515
GARRISON, ND 58540-0515

OR CALL **701-337-5576 OR 1-800-799-4242**
Email: rmesserly@state.nd.us
www.parkrec.nd.gov

If you need additional information, please feel free to contact us at the above phone number or address.

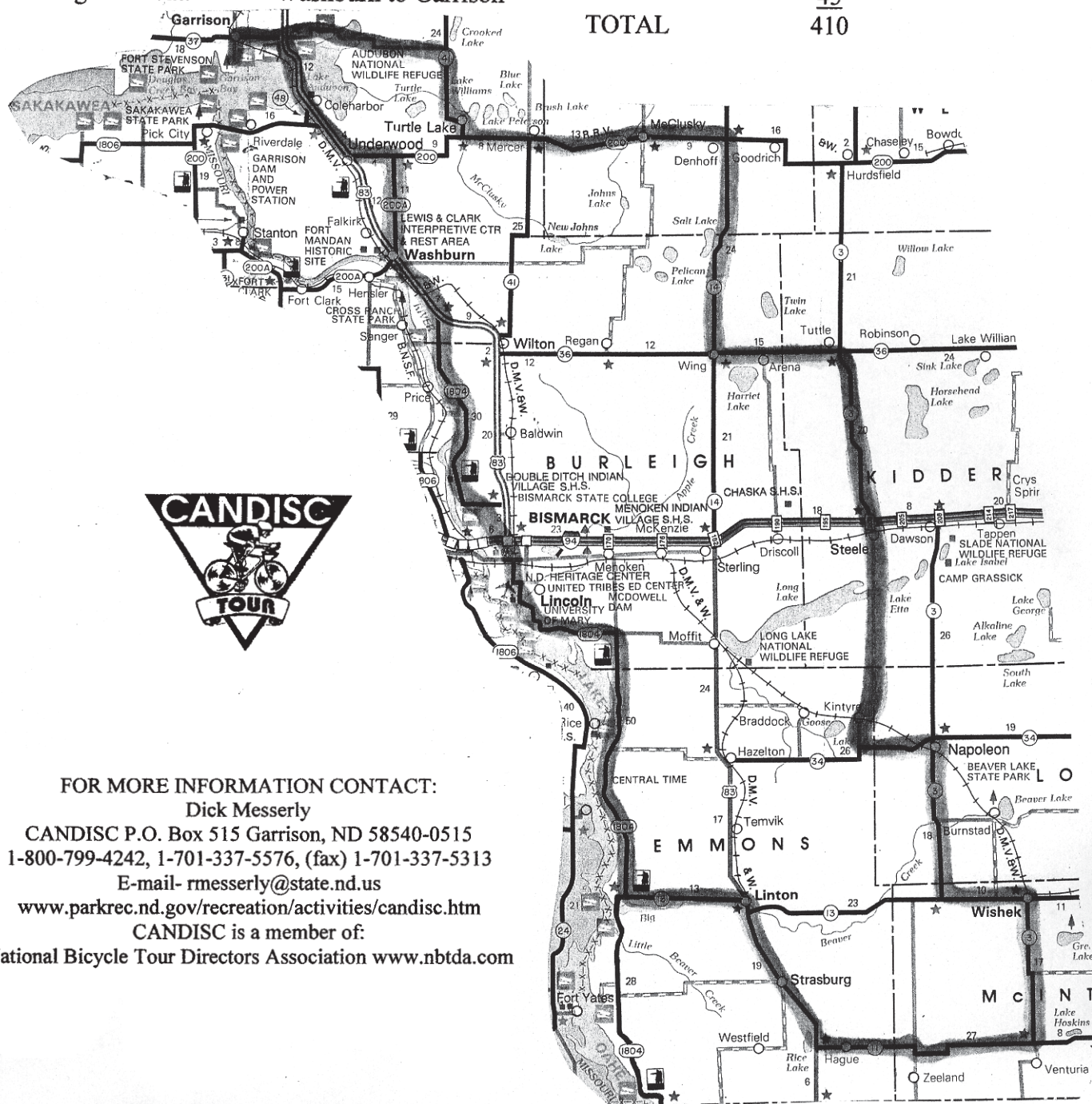


CANDISC TOUR 2006 ITINERARY

"MISSOURI RIVER RIDE"

August 5th – August 12th, 2006

DATE	LOCATION	MILES
Aug. 5 – Sat.	Garrison – Fort Stevenson State Park	Organize for ride
Aug. 6 – Sun.	FSSP to McClusky	58
Aug. 7 – Mon.	McClusky to Steele	69
Aug. 8 – Tues.	Steele to Wishek	65
Aug. 9 – Wed.	Wishek to Strasburg	56
Aug. 10 – Thurs.	Strasburg to Bismarck (Century Option)	75
Aug. 11 – Fri.	Bismarck to Washburn	44
Aug. 12 – Sat.	Washburn to Garrison	43
	TOTAL	410



FOR MORE INFORMATION CONTACT:

Dick Messerly

CANDISC P.O. Box 515 Garrison, ND 58540-0515
1-800-799-4242, 1-701-337-5576, (fax) 1-701-337-5313

E-mail- rmesserly@state.nd.us

www.parkrec.nd.gov/recreation/activities/candisc.htm

CANDISC is a member of:

National Bicycle Tour Directors Association www.nbtnda.com

Official



Application Form

August 5 - August 12, 2006

Bike Tour:

_____ Number of Riders x \$125

(includes 1 free CANDISC shirt per rider)

= \$ _____

_____ Number of Families x \$285

(Husband, wife and children 18 & under)
(includes 1 free CANDISC shirt per rider)

= \$ _____

Bike Tour includes overnight camping in seven communities, sag service, official CANDISC ID bands, CANDISC shirt, travel information on North Dakota, emergency medical support, route maps, baggage tag or vehicle pass and more.

Day Rate:

_____ Number of Days x \$30

(for riders who plan to ride only certain days; not the entire tour)

= \$ _____

Additional Fees:

_____ Number of support vehicles x \$20

= \$ _____

_____ Number of Additional CANDISC shirts x \$12

please circle size and quantity of each

= \$ _____

S _____ M _____ L _____ XL _____ XXL _____

Total Fees = \$ _____

PLEASE PRINT ALL INFORMATION BELOW

Please Circle Years You Have Cycled On CANDISC 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05

Person submitting form:

Name _____ Age _____

Address _____ Shirt Size _____

City/State/Zip _____

Home Phone (____) _____ Work Phone(____) _____

e-mail: _____

Rider ☐ Non-rider ☐ Enclosed waiver ☐

List all other riders and non-riders:
(Indicate R for Rider and N for non-rider)

R/N	Name	Address	City	State/Zip	Phone	Enclosed Waiver	T-Shirt Size
1.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
2.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
3.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
4.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
5.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
6.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____

Use another sheet of paper to list other riders if necessary

ft. stevenson

state park

1252A 41st Ave NW

Garrison, ND 58540-9229

PRESORTED

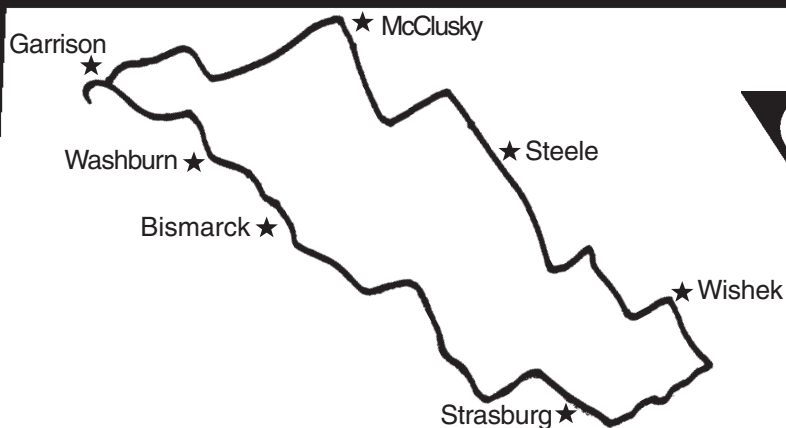
STANDARD

U.S. Postage

PAID

Permit No. 22

Garrison, ND 58540



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**Cycling Around North Dakota
In Sakakawea Country**

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"Missouri River Ride"